

Command Career Counselors Worksheet

1. **Purpose of the Interview.** The purpose of this worksheet serves as a guide to ensure Command Career Counselor's properly pre-screen applicants to ensure they meet the minimum requirements prior to being recommending applicant for the SEAL/SWCC programs.

a. Applicant's must submit a completed Medical Package to the to include medical waivers to the NAVSPECWAR Center (BUD/S) prior to the applicant's requesting a PST. Applicant must request PST via the SEAL/SWCC website: <https://www.seal.navy.mil/> or <https://www.swcc.navy.mil/>

2. **Service Record Review.** As part of the interview process, the applicant's service record should be reviewed by the Command Career Counselor, he should meet or exceed the following requirements:

AFQT WK/VE_____ OR AR/VE _____ = >104 MC _____ = >50

? A wavier can be request (max Total 5 points)

? The point wavier or age wavier will be requested for the applicant by the screening activity after the result of the PST and Interview.

Evaluation average 3.0 or higher during the past 36 Months.

yes no

NJP within last 12 months?

yes no

Applicant has a current 5 year physical?

yes no

Willing to obliserve 51 months after graduation?

yes no

Is the applicant second class swimmer qualified?

yes no

Reapplying for training?(See MILPERSMAN 1220-120)

yes no

Minimum 2 years before reapplying for the program

3. **Command Fitness Information** should be taken into consideration this can used to determine the applicant's historical physical ability.

AVG PRT during the last 3 PRT's

Push ups_____ Sit ups_____ Run_____

Note: Applicant should be in the good to High good for age group 17-24

Uncorrected vision cannot be worse than 20/70 in the better eye and 20/100 in the weaker eye.

Left eye_____

Right eye_____

4. Interviewers Inquirers. The interviewer should discuss the following questions during the interview and advise the applicant accordingly:

1. Discuss with the applicant any financial, marital, or other hardships that may impede their ability to concentrate on and complete the training.

2. Stress with the applicant the importance to participate in a regular physical training regiment.

3. Confirm the applicant's motivation for entry into the program. Honor, Courage and Commitment are the cornerstone of the Naval Special Warfare Community.

4. Encourage the applicant to visit the Naval Special Warfare Official Information Website: <https://www.seal.navy.mil/> or <https://www.swcc.navy.mil/>.